



organic high lignan flax oil

cardiovascular*

immune*

essential
fatty acid*

specialty
16 fl. oz. (473 mL)
dietary supplement

gluten
free

dairy
free

soy
free

nut
free

Supplement Facts

Serving Size 1 Tbsp (15 mL)

Servings Per Container: 31

	Amount Per Serving	% Daily Value*
Calories	120	
Total Fat	13 g	17%
Saturated Fat	1 g	6%
Polyunsaturated Fat	9 g	*
Monounsaturated Fat	2.5 g	*

Omega-3 Polyunsaturated Fat

Alpha Linolenic Acid (ALA) 7230 mg *

Omega-6 Polyunsaturated Fat

Linoleic Acid (LA) 1800 mg *

Omega-9 Monounsaturated Fat

Oleic Acid 2100 mg *

* Percent Daily Values are based on a 2,000 calorie diet.

* Daily Value not established

Ingredients: Organic flax seed oil, organic flaxseed particulate (contains lignan).

Does not contain: Wheat, Gluten, Corn, Sugar, Salt, Starch, Dairy, Citrus, Animal Derivatives, Preservatives, Artificial Colors or Flavors.

DIRECTIONS: Take one (1) tablespoon up to twice daily, preferably with meals. Consult your healthcare practitioner for your individual needs. Avoid direct heat.

▼ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

STORE IN A COOL, DRY PLACE.
KEEP OUT OF REACH OF CHILDREN.

TAMPER EVIDENT
Do not use if inner seal is broken or missing.

**BEST IF REFRIGERATED AFTER OPENING.
SHAKE WELL BEFORE USING.**

Can be frozen to extend shelf life.

Natural settling of the flaxseed particulates may occur. Stirring may be necessary.

Produced in a facility that also processes
Tree Nuts, Fish, Wheat and Soy.



Cold Pressed for Maximum Freshness

The Vitamin Shoppe®'s FLAX OIL with Lignans is a high vegetarian source of the omega-3 essential fatty acid ALA (alpha linolenic acid). It provides the essential fatty acids required for a well balanced diet. Our FLAX OIL with Lignans contains 7.2 g of ALA per serving. In order to ensure the freshest tasting oil available, a proprietary pressing technique is used that prevents the destructive effects of heat, light and oxygen.

The Vitamin Shoppe® Flax Oil Facts:

- Third Party Certified Organic Flax Oil
- Manufacturing process protects oil from heat, light and oxygen
- Taste is smooth and fresh
- Packaging is opaque to retain freshness

Flax Oil Uses:

- Take it straight
- Add to fruit or vegetable juice
- Blend into smoothies or protein drinks
- Use as an ingredient in salad dressings
- Mix with yogurt, cottage cheese or oatmeal
- Flax Oil should not be used as cooking oil

Manufactured for: Vitamin Shoppe, Inc.
Secaucus, NJ 07094
by Barlean's
Ferndale, Washington 98248

Certified Organic by
Quality Assurance International (QAI).

Visit
www.vitaminshoppe.com
or call 1-800-223-1216
for more information and
to reorder.



learn more at
vsquality.net

Item No. VS-1484

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